

LEADERSHIP PROJECT TALLERES DE LIDERAZGO



First 5 Learning Conversation
May 4, 2005
TRUCKEE - KINGS BEACH
FAMILY RESOURCE CENTER

Leadership Project

OUTCOMES:

- **Parents of children prenatal through 5 are empowered as advocates for their children, so that their children are achieving healthy development**
- **Parents will have an enhanced and enduring ability to set and achieve healthy goals for themselves and their children independent of this program**

Performance Measures

- Demographics of children broken down by age, gender, ethnicity, and when services were provided
- Pre, intermittent, and post parent self-assessments to include identification, progress and achievement of goals for both themselves and their children
- Follow up survey of program participants to measure the sustainability of the skills learned in the program
- Ages and Stages Questionnaire
- Video, photos and stories relating to achievement of the outcomes

Demographics

PARTICIPANTS	Pre	Post
Total Children 0-5	17	14
Girls	8	7
Boys	9	7
Age < 1	3	1
Age 1	2	2
Age 2	1	1
Age 3	2	2
Age 4	7	4
Age 5	2	4
White Adults	0	
Latino Adults	18	14
Pregnant Adults	3	3

Pre and Post Surveys

- Do you know what self-esteem is?
- Do you have life goals and objectives set?
- Do you know the universal rights of your child?



Pre Test and Post Test

Question 1

Pre

Do you know what self-esteem is?

3 out of 14 (21%) could define self-esteem

Example of a response from Pre: *“When we feel inferior to other people?”*

Post

Do you know what self-esteem is?

14 out of 14 (100%) could define self-esteem

Examples from Post:

“To value oneself, to have self acceptance and pride”

“Self-esteem is to know you are a unique human being and there is no one and never will be another one like you in the world. I am very special. I have worth.”

Pre Test and Post Test

Question 2

Pre

Do you know what your life goals are?

6 out of 14 (43%) said yes

Example from Pre:

“Not exactly, my goal would be how to survive in this country”

Post

Do you know what your life goals are?

14 out of 14 (100%) said yes

Example from Post:

“Yes. My goals are that my sons get a good education, become great professionals”

“To learn English, to have a good job, for my children to have a career, to have a good business”

Pre Test and Post Test

Question 3

Pre

Do you know the universal rights of your child?

6 out of 14 (42%) said yes

Example from Pre *“No, but I would like to have more information”*

Post

Do you know the universal rights of your child?

13 out of 14 (92%) said yes

Example from Post *“The right to be heard, the right play, the right to their own opinion, the right to live, the right to be loved”*

The UN Convention on the Rights of the Child was adopted in 1989. The UN Convention on the Rights of the Child addresses the rights of children and youth under the age of 18. It recognizes their basic human rights and gives them additional rights to protect them from harm. The Convention's 54 articles cover everything from a child's right to be free from exploitation, to the right to his or her own opinion and the right to education, health care, and economic opportunity.

Follow Up Survey

1. Do you feel more knowledgeable about ways you can advocate for your children?
2. Do you feel you have more information after finishing this project to set and achieve healthy goals for yourself and children?
3. How will you use the information you received to be a leader in your family independent of the program?

Follow Up Survey

Question 1

Do you feel more knowledgeable about ways you can advocate for your children?

14/14 (100%)responded yes

“I have learned a lot of things that I never knew before. I am doing all that I possibly can to teach my children everything that my husband and I have heard.”

“I have more knowledge on how to work together as a team with my child’s teacher.”

Follow Up Survey

Question 2

Do you feel you have more information after finishing this project to set and achieve healthy goals for yourself and children?

13/14 (93%) responded yes

“I have learned that we can discipline our children with love or even with punishment without humiliating them, without hurting them physically or with words.”

“One of my goals is to obtain a good education and discipline for my children. I would like to have a better future and to become more of a professional.”

“One of my main goals is that my four children finish their education and do positive work for their future.”

Follow Up Survey

Question 3

How will you use the information you received to be a leader in your family independent of the program?

“I am going to use the information and put it into practice everything I have learned. And I will keep looking for more educational workshops so I will never forget this knowledge. I promise! I will share everything I have learned with my daughters. I feel very happy”

“I have received so much information I am sure that I am a leader not only in my family but also in other homes. I was able to help some friends that almost broke their home. It makes me feel that I am and will continue to be a leader. Thank you for everything!”

“I am going to use this information to help the father of my children, the way he responds to my children. I will encourage him to give them more attention. For him, it is very important to be the provider of our roof, food, clothing, and he doesn't realize that the children need attention too. For the last three weeks he has been playing with all the children. I believe I am getting somewhere with him.”

Ages and Stages Questionnaire

- Communication
- Gross Motor
- Fine Motor
- Problem Solving
- Personal Social



Each Child Was Measured Twice: Once in February – Once in April

Only 1 child out of the 14 scored below the cutoff point (2 standard deviations below the mean) Based on the Ages and Stages guidelines, a referral was made. For those whose score was close to the cutoff point or for those whose parents had concerns, a follow up was made.

The highest possible score is 60. The lowest possible score is 0.

Communication

Constant 5/14 (36%)	Increased 7/14 (50%)	Decreased 2/14 (14%)
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- ✓ All children scored 55 or above during the post Ages and Stages
- ✓ Regarding the 2 children whose scores decreased:
Test administrators explained that the parents had prompted their children to answer during the pre Ages and Stages

Gross Motor

Constant	Increased	Lowered
7/14 (50%)	3/14 (21%)	4/14 (28%)

✓ All children scored 45 or above during the post Ages and Stages

✓ Regarding the 4 children whose scores decreased:

One question related to walking up and down 2 or 3 steps without holding the rails.

None of the homes had stairs within the house; the only steps that were available were concrete and were outdoors. Due to safety, the parents would not encourage their children to walk up and down the stairs without offering their hand.



Fine Motor

Constant 7/14 (50%)	Increased 5/14 (35%)	Decreased 2/14 (14%)
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- ✓ Except for one child, all children scored 55 or higher
- ✓ S.S. score increased from 45-60 within two months - handwriting improved tremendously due to his mother's attention to this skill.

Problem Solving

Constant 6/14 (42%)	Increased 5/14 (35%)	Decreased 3/14 (21%)
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- ✓ Except for one child, all children scored 30 or higher
- ✓ Some parents had bought materials within the 2 month span of administering Ages and Stages to increase problem solving skills of their child.

Example: Color Pyramid



Personal Social

Constant	Increased	Decreased
3/14 (21%)	6/14 (42%)	5/14 (35%)

- ✓ Cultural differences affected the amount of incorrect responses
- ✓ More anxiety around the questions in this section than in others
- ✓ Testers used this as an opportunity to articulate the value in teaching their children certain information (such as what is your address, phone number)



Story 1

I feel more confident in myself. I don't have any more fear for the people that made me feel bad or lower than everyone else. Now I know am worth a lot and no one has the right to tell me otherwise. I had a big change with my son, I pay more attention to him. I am more patient with him. I understand that the first 5 years of his life are the ones that he will remember the most. That is why I try to give him the best that I can. And I would like to assist in more workshops so that I can home more information and give him a better future. I believe I will accomplish it by having all the information you have given me.

E.R.

Story 2

I am a mother of three girls. My life was very stressful and very busy. All that I thought there was to do was work and feed my girls and that was enough on my part. But, with tears in my eyes, I can tell you now that I was wrong.

After taking the Leadership class with Mr. Luis Lazo and Liliana, my life changed completely for the better. Now I feel like a new woman. I have more communication with my daughters, I'm more patient, more affectionate, and I have more interest in their things now. Before, I used to think that because I failed in my marriages, I was not worth anything and that I would settle for anything. I thank God that they came into my life. It was like a blessing to hear all the wisdom that I heard from Mr. Lazo. Now I know that I'm worth a lot. I know that I am unique and one of a kind. In two months, I have achieved my goals emotionally and I have been able to lift my self-esteem. And who is responsible for this? Luis Lazo! What I couldn't accomplish in 10 years of my life, what the psychologist couldn't do in a few years, not my daughters, not my parents, not any other program, this man achieved in two months.

R.R.

Story 3

I learned that we are in a country of opportunities for us parents. It is our responsibility to support our kids 100% in their studies, to plant seeds in their minds about what they would like to see in the future. And something very important to me was the lift in my self-esteem, which was very low. Thanks to your help, my life has changed completely. I was a sad person without hopes, incapable of understanding the importance of being a dedicated parent and worried about my kids. Now, my life is all the opposite. I have never been so sure of myself. Believe that I know I am a great mother and a great person capable of accomplishing my goals. And that was all thanks to three angels in my life: Mrs. Margarita De Nevarez, Luis Lazo and Liliana. I hope that my experience serves as a mirror and will help you to say, "I wish to change!" and like Cesar Chavez said, "It can be done"

S.V.

Additional Performance Measures

- Child Development Conference
- Class Evaluations
- Graduation Report/Discussion

Child Development Conference

On Saturday, April 2 Child Development Conference for parents, child care providers and teachers who work with 0-5 year old children

Scholarships were provided for all participants of the Latino Leadership Project to attend. Childcare was provided at the KidZone Museum

Some of the topics included:

- Putting the Self Back into Self-Esteem
- 4 Helpful Tips on Healthy Child Development
- Brain Development and Infant Attachment
- Creating a Future in Child Care/ Creating the Job of Your Dreams
- Healthy Living for our Children
- Practicing Appreciation and Gratitude

Child Development Conference



Over 1/3 of those attending were Latino

Spanish strand was offered

Translation available by use of headsets



Conference Feedback

What information from this conference will you take away and use?

I will enjoy my children more and dedicate more time with them.

It was something fabulous. I will keep it in mind and I will never forget going.

What would you like to see offered in the future?

I would like to see a workshop on different types of learning.

A workshop on teenagers.

Class Evaluations

Proyecto de Talleres de Liderazgo
Latino Leadership Project

Truckee

(circule uno/circle one)

Kings Beach

1. Did you find the information helpful?
2. How do you think this information will help you?
3. Write your comments?

Presentations Covered the Following Topics:

- Self-Esteem
- Children's Rights
- Parents and School
- Computers in the Pre-School
- Children's Anger
- Fear to Succeed
- Children's Social Development and Discipline
- Values
- What Kind of Parents Are We
- Parents Are the First Teachers
- How to be a Good Parent
- Taking Advantage of Adversity
- 10 Ways Parents Can Help Teachers

Graduation Discussion

- Do you feel more knowledgeable about ways you can advocate for your children?
- Do you feel you have more information after finishing this project to set and achieve healthy goals for yourself and children?
- How will you use the information you received to be a leader in your family independent of the program?

Graduation



Talleres de Liderazgo para Padres Latinos



Patrocinado por:

Sierra Nevada Children's Services

Truckee Family Resource Center

Kings Beach Family Resource Center

Placer County Families and Children's

First 5 Commission

CERTIFICADO

Sierra Nevada Children's Services tiene el honor de otorgar a

Jorge Antonio Sanchez

Este reconocimiento por haber completado el curso de talleres de
liderazgo para padres Latinos

Ruth Hall, E. Nevada County Director
Sierra Nevada Children's Services

Luis Lazo, Presidente
Peruvian Business Corporation

Graduation Discussion

Do you feel more knowledgeable about ways you can advocate for your children?

I know that I have the right to ask for a time to talk to teachers

I feel more confident

I know that my child is a citizen and has the same rights as everybody else



Graduation Discussion

Do you feel you have more information after finishing this project to set and achieve healthy goals for yourself and children?

Yes, I will continue to look for alternative, classes and programs

Yes. I have more clarity on how to help our children meet their goals

*I have the courage to go forward. I needed professional help.
I could let go of what had happened to me*

Graduation Celebrating Leadership with Family



I have begun to involve myself in programs that the FRC has, that can help us obtain information, on how to relate to our kids 0-5. These programs that I have taken have made me change with my kids and to realize that I can still be their friends. G.S.

Graduation Lunch with Family



The most important thing for me is to know now how to direct my daughters to succeed, to be able to educate them and to guide them the best way, teach them the importance of their studies, values, family, and education. I.G.

Closing Circle Before Graduation



If I hadn't come to these classes, I wouldn't have recognized these moments that I am enjoying with my kids. I wouldn't know how to confront a problem at my kids' school. That is why I want to thank all the people who brought this program to us. I.C